

Gym

Code: ANCMF-AU-GB-G-01 • Facility: Government Building • Frequency: daily

Scope of Work

- Dusting of all surfaces including gym equipment, benches, and windowsills.
- Sanitising of gym equipment, mats, and high-touch areas.
- Vacuuming of carpeted areas and mats.
- Mopping of hard floors with appropriate cleaning solutions.
- Emptying and sanitising rubbish bins.
- Cleaning and sanitising of change rooms and toilets.
- Wiping down mirrors and glass surfaces.
- Ensuring all cleaning is conducted using colour-coded cleaning systems to prevent cross-contamination.

Method

1. Begin by dusting all surfaces using microfibre cloths to capture dust and allergens.
2. Sanitise gym equipment and high-touch areas with a hospital-grade disinfectant.
3. Vacuum carpeted areas and mats using a HEPA-filter vacuum cleaner to ensure air quality.
4. Mop hard floors with a neutral pH cleaner to maintain floor finish and safety.
5. Empty rubbish bins and replace liners, ensuring bins are sanitised.
6. Clean and sanitise change rooms and toilets using appropriate cleaning agents.
7. Wipe down mirrors and glass surfaces with a glass cleaner to remove smudges and fingerprints.
8. Ensure all cleaning tools and equipment are cleaned and stored properly after use.

Equipment

- Microfibre cloths
- Hospital-grade disinfectant
- HEPA-filter vacuum cleaner
- Neutral pH floor cleaner
- Glass cleaner
- Colour-coded cleaning buckets and mops
- Rubbish bin liners

Quality Criteria

Performance Level	Criteria
Excellent	All surfaces are free of dust and marks; gym equipment is sanitised with no visible residue; floors are spotless and dry; rubbish bins are empty and sanitised; mirrors and glass surfaces are streak-free.
Good	Minor dust on high surfaces; gym equipment is sanitised with minimal residue; floors are clean with slight dampness; rubbish bins are empty; mirrors and glass surfaces have minor streaks.
Pass	Noticeable dust on surfaces; gym equipment has visible residue; floors are clean but damp; rubbish bins are not overflowing; mirrors and glass surfaces have visible streaks.
Fail	Significant dust accumulation; gym equipment is unsanitised; floors are dirty or wet; rubbish bins are overflowing; mirrors and glass surfaces are dirty.